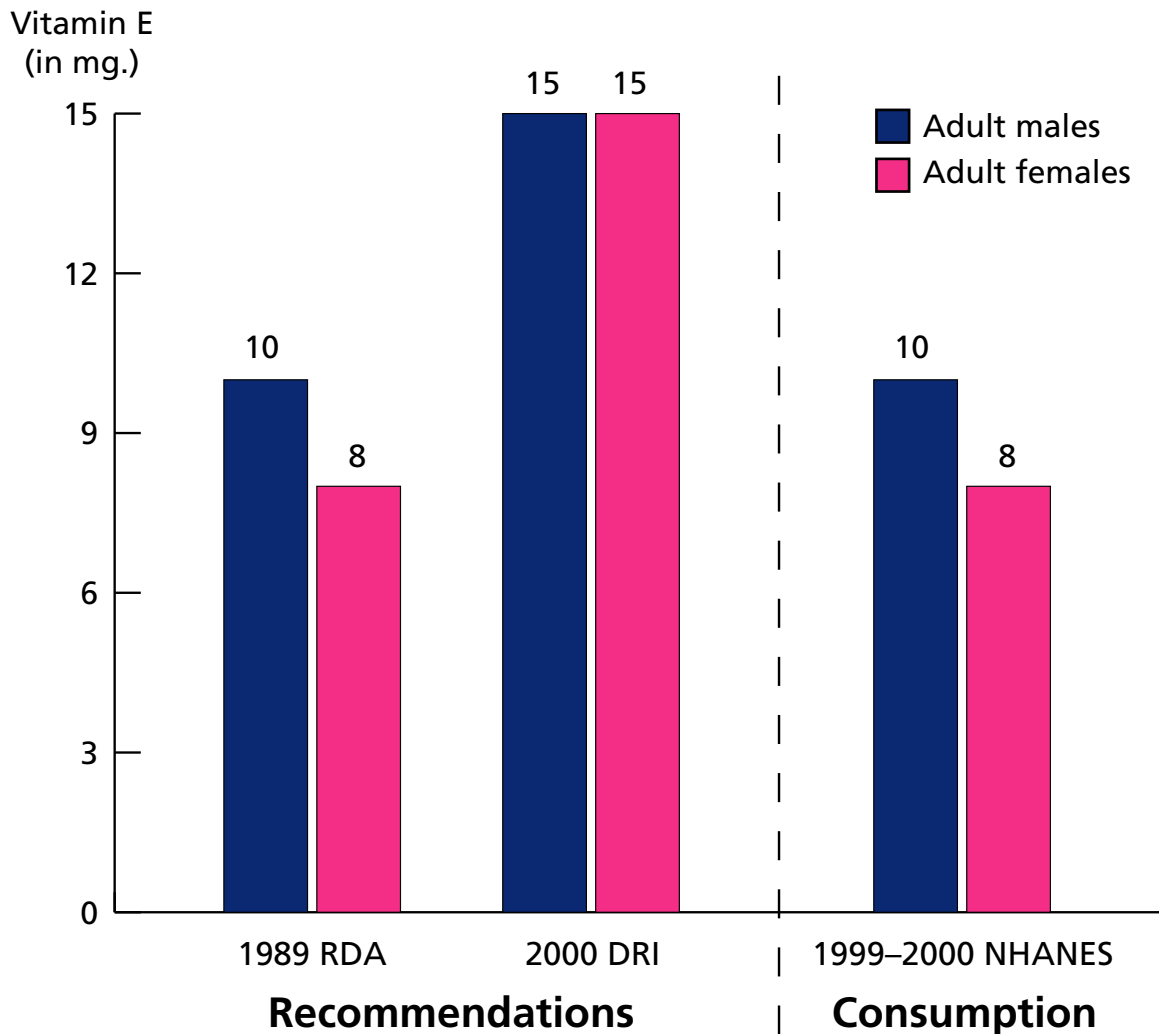


Vitamin E

Recommendations & Consumption



The amount of Vitamin E recommended in the 2000 Dietary Reference Intakes (DRI) has increased substantially from the 1989 Recommended Dietary Allowances (RDA). The average consumption by adults, as measured by the nationwide 1999-2000 National Health and Nutrition Examination Survey (NHANES) was close to the older recommendation, but much lower than the current recommendation. To meet the new recommendation, consumers would need to make substantial changes from their typical food choices.